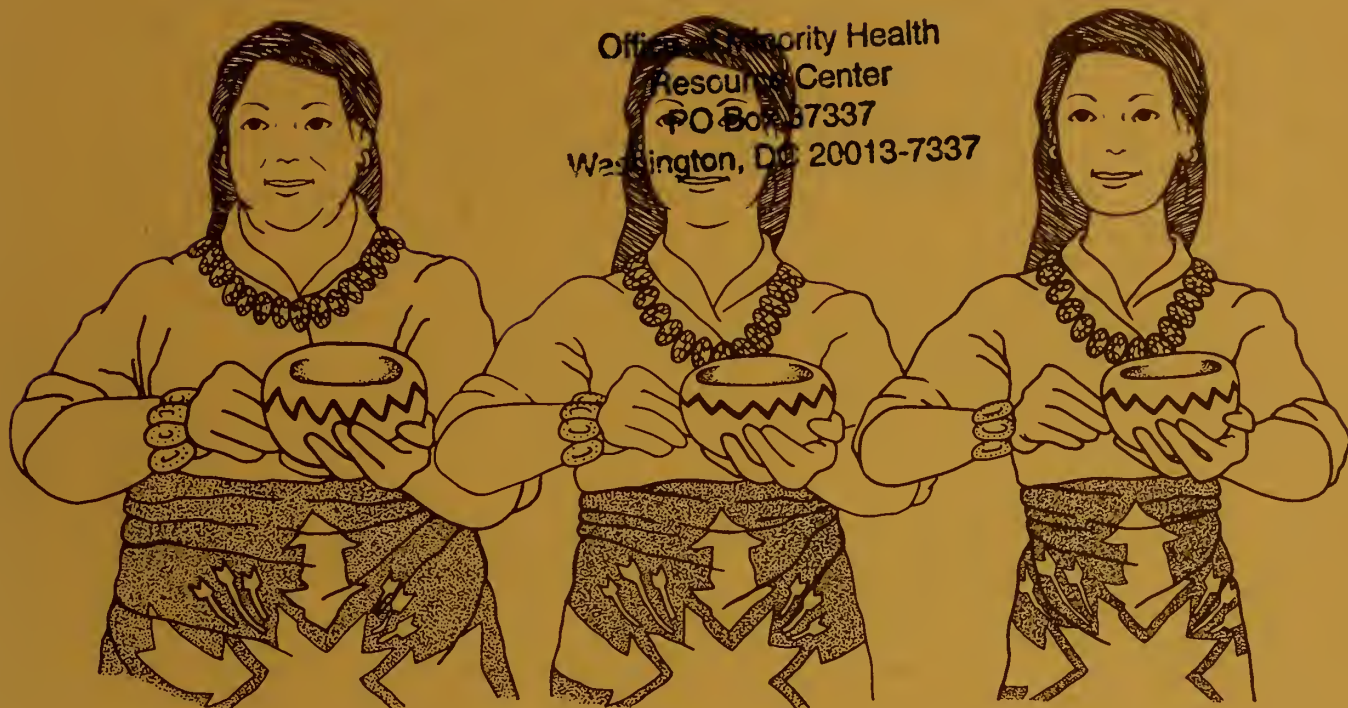


# FAMILY FOOD CHOICES

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## A Guide to Weight and Diabetes Control



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DEPARTMENT OF HEALTH & HUMAN SERVICES

Public Health Service  
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# FAMILY FOOD CHOICES:

## A Guide to Weight and Diabetes Control

Now you know you have diabetes. But why did you get it? And what can you do to control it? These are very important questions for people who have diabetes. The information in this folder explains why you have diabetes. It will give you tips on how to control your diabetes through the amount and kind of foods you eat.

It probably took many years for you to get diabetes. In fact, the process started with your ancestors a long time before you were born.

In past times your ancestors did not always have enough food. So when food was plentiful their bodies stored it up as extra fat. When food became scarce, their bodies used up the extra fat.

Your ancestors passed their ability to store food to their children. And it has been passed from parent to child ever since. You received the food storage ability from your parents.

Your body may still act as if food will be scarce again. It may still store up extra fat for times when there might not be enough food. But since these times never come, the fat stays in your body and you gain extra weight.

The extra weight makes it very hard for your body to work right. Some people can have extra weight and still stay healthy, but some people can't. If you are one of those people, your body may not be able to use all the sugar that comes from the food you eat. This makes the sugar in your blood rise slowly. Finally the blood sugar becomes so high that your body can no longer control it. That's when you get diabetes.

To control your diabetes and *feel good*, it is important for you to lose weight and eat carefully. Your diabetes will not

go away, but if you follow the tips listed in this folder, you can plan meals that will help to prevent the problems that go along with diabetes. And if you help your children to eat right and to stay slim and active, they may never get diabetes.

There are five things you can do to help control your diabetes. You can lose weight, watch the amount and kind of fat you eat, eat more food with fiber, avoid sugar, and avoid alcohol. There is a special section to tell you about each of these ways to help you plan your meals.

- WEIGHT LOSS
- FATS
- FIBER
- SUGAR
- ALCOHOL





## **Weight Loss**

**Facts:** When you lose weight, you lose fat. With less fat, your body can work better to control your blood sugar. Losing even a few pounds can often help control or lower your blood sugar.

## **Tips For Weight Loss**

- **Cut Down** on the amount of food you eat.
- **Increase** the amount you exercise each day. Be more active.
- **Be Careful** about using “dietetic” food. Just because a food says it is “dietetic” does not mean it was made for people with diabetes. Read the label!
- **Increase** the amount of vegetables and fruits you eat.
- **Eat More** whole grain breads and cereals.
- **Eat Less** fatty foods.
- **Choose** the leanest cuts of meat.
- **Keep Sweets and Snacks Out of Sight.**

- **Encourage** the people you eat with to follow all of these ideas. It will make it easier for you, and it will help them to live healthier lives too!
- **Ideas** that have worked for others who have lost weight:
  - Use a small plate - it will seem like you have more to eat.
  - Pause for two minutes halfway through each meal.
  - Take smaller bites of food.
  - Chew each mouthful 20 times - notice the texture and flavor of each bite.
  - Completely finish one mouthful before you pick up the next bite.
  - Put your fork down between each bite.
- **Follow** the ideas listed on the other pages. They will also help you to lose weight.

## **Steps I Will Take For Weight Loss**

# Fat

**Facts:** You can see the fat in some foods like lard and oil. But foods like meat, cheese, and salad dressing have a lot of hidden fat that you cannot see. Eating less fat will help you lose weight. Choose foods that are lower in fat.

**Foods With Fat:** Choose foods that are lower in fat.

- Meat/Fowl/Fish/Eggs

- **Low Fat** (use the most) - 165 calories in a small serving, about 3 ounces.

round steak or roast  
flank and skirt steaks  
sirloin of beef  
tenderloin of beef  
veal  
chicken (no skin)  
turkey (no skin)  
commodity canned chicken  
tripe  
rabbit  
dried beans, 1 cup cooked  
commodity vegetarian canned  
beans, 1 cup  
fish  
tuna, water-packed,  $\frac{3}{4}$  cup  
commodity tuna,  $\frac{3}{4}$  cup  
clams  
oysters

sardines, drained, 6  
scallops  
rump of pork  
Canadian bacon  
deer  
buffalo  
95% fat free luncheon meat



## Fat

- **Medium Fat** (use sometimes) - 225 calories per small serving, about 3 ounces

chuck steak or roast	lamb
rump of beef	shoulder arm of pork
beef steaks	Boston butt of pork
beef tongue	neck bones
oxtail	tuna, canned in oil, $\frac{3}{4}$ cup
ground beef	salmon, $\frac{3}{4}$ cup
commodity canned beef	heart
pork loin, chop, steak	kidney
commodity canned pork	eggs, (limit to 3 per week)
liver	chicken with skin
smoked ham	turkey with skin
sweetbreads	

- **High Fat** (use rarely) - 300 calories per small serving, about 3 ounces

beef spareribs	capon
beef brisket	pigs feet, tails, brains
corned beef	pork hocks
hamburger	regular luncheon meats
commodity meat ball	spam
stew	goose
beef rib, roast, choice	hot dog, 2
steak	
ground pork	
pork sausage	
duck	

- **Very High Fat** (use hardly ever)

bacon  
salt-pork  
fatback



# Fat

- Dairy: Milk and Cheese

- **Low Fat** (use more often) - Less than 100 calories for a serving

cottage cheese,  $\frac{1}{2}$  cup

dry powdered skim milk,  $\frac{1}{3}$  cup

cheese made from all skim milk, 2 ounces

skim milk, 1 cup

nonfat yogurt, 1 cup



- **Medium Fat** (use sometimes) - Between 100 and 150 calories for a serving

mozzarella cheese, 2 ounces

“lite” cheese, 2 ounces

low fat yogurt, 1 cup

low fat or 2% milk, 1 cup

ice milk,  $\frac{1}{2}$  cup

- **High Fat** (use rarely) - Between 150 and 200 calories for a serving

evaporated whole milk,  $\frac{1}{2}$  cup

ice cream,  $\frac{1}{2}$  cup

whole milk, 1 cup

commodity cheese, 2 ounces

regular cheese, 2 ounces

# Fat

- Oils and Fats - 45 calories for a serving

Oils and Fats have over *twice* as many calories as other foods. Even though all fats are high in calories, some fats are less harmful for your heart and blood vessels. These fats come from vegetables.

- **Vegetable Fats**

*Less Harmful For Your Heart and Blood Vessels* (use sometimes, but in *small* amounts)

margarine, 1 tsp.	peanuts, 10
diet margarine, 1 Tbsp.	walnuts, 4 halves
vegetable oil, 1 tsp.	mayonnaise, 1 tsp.
almonds, 6	
salad dressing, 1 Tbsp.	
salad dressing, low calorie, 2 Tbsp.	
peanut butter, 2 Tbsp.	
pecans, 4 halves	
sunflower seeds, 1 Tbsp.	
tarter sauce, 1 Tbsp.	



- **Animal Fats**

*Bad For Your Heart and Blood Vessels* (use rarely)

lard, 1 tsp.	gravy, 2 Tbsp.
bacon, 1 slice	bacon fat, 1 tsp.
butter, 1 tsp.	coffee lighteners, 1 Tbsp.
coconut, 2 Tbsp.	coffee cream, 2 Tbsp.
sour cream, 2 Tbsp.	whipping cream, 1 Tbsp.
cream cheese, 1 Tbsp.	

## **Tips To Eat Less Fat**

- **Eat less margarine or butter.**
- **Eat more fish and chicken instead of red meats.**
- **Avoid deep fat frying.**
- **Chill soup or stew and remove fat that hardens on top.**
- **Try low-calorie salad dressings, plain low-fat yogurt, or make your own dressing without oil.**
- **Use meat broth instead of gravy on meat, potatoes, or noodles.**
- **Trim the fat off meat before you cook it.**
- **Take the skin off chicken and other fowl before you cook it.**
- **Bake, Boil, Broil, Or Grill meats instead of frying.**
- **Use non stick or Teflon pan, because fat does not have to be added to cook the food.**
- **Use skim milk or low-fat milk instead of whole milk.**

## **Steps I Will Take To Eat Less Fat**

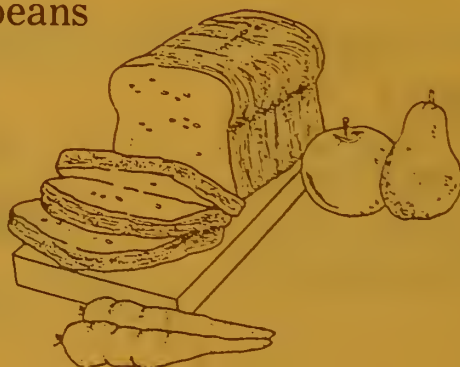
# Fiber

**Facts:** All fiber comes from plants. Plant fiber is also called “bulk” or “roughage.”

- Fiber is good for people with diabetes for two reasons:
  - It makes you feel fuller, so you eat less.
  - It lowers your blood sugar level.
- Fiber is found in fruits (such as apples), vegetables (such as broccoli), and starches (such as whole wheat bread).

**Foods With Fiber:** Choose foods that are high in fiber.

- Vegetables (25 calories per serving)
  - **High Fiber** - 2 grams or more of fiber per  $\frac{1}{2}$  cup serving
    - broccoli
    - eggplant
    - turnip greens
    - carrots
    - zucchini
    - mushrooms
    - tomatoes
    - okra
    - spinach
    - summer squash
    - Brussel sprouts
    - mustard greens
  - **Medium Fiber** -  $\frac{1}{2}$  to 2 grams of fiber per  $\frac{1}{2}$  cup serving
    - cabbage, raw
    - spinach, raw
    - mushrooms, raw
    - cauliflower
    - onions
    - beets
    - green beans
    - kale
    - radishes
    - asparagus
    - celery
    - lettuce
    - cucumbers, with skin
    - turnips





# Fiber

- **Fruit** (60 calories per serving)

- **High Fiber** - 2 or more grams of fiber per serving

apple with skin	fresh or frozen
unsweetened applesauce, 1/2 cup	cranberries sweetened with diet sweetener, 1 cup
raisins, 2 tablespoons	pear, 1 fresh
dried dates, 3	canned pears, 1/2 cup
fresh, canned, or frozen blackberries, blueberries	prunes, 3
raspberries, or	dried figs, 2
strawberries, 1 cup	orange, 1 fresh

- **Medium Fiber** - 1/2 to 2 grams of fiber per serving

cantalope, 1/3 melon	canned apricots, 1/2 cup
honeydew melon, 1 cup	fresh cherries, 12 or 1/2 cup
watermelon, 1 cup	cup canned cherries
grapefruit, 1/2	fresh grapes, 15
canned fruit cocktail, 1/2 cup	fresh or canned plums, 2
pineapple, 1/3 cup	banana, 1/2
peach, 1 fresh	
canned peaches, 1/2 cup	

- **Fruit Juice** (120 calories per serving)

- **No Fiber**

Fruit juices have no fiber, but they have a lot of calories.

apple juice, 1 cup  
grape juice, 1/2 cup  
grapefruit juice, 1 cup  
orange juice, 1 cup  
prune juice, 1/2 cup  
pineapple juice, 1 cup  
cranberry juice cocktail, 1/2 cup

# Fiber

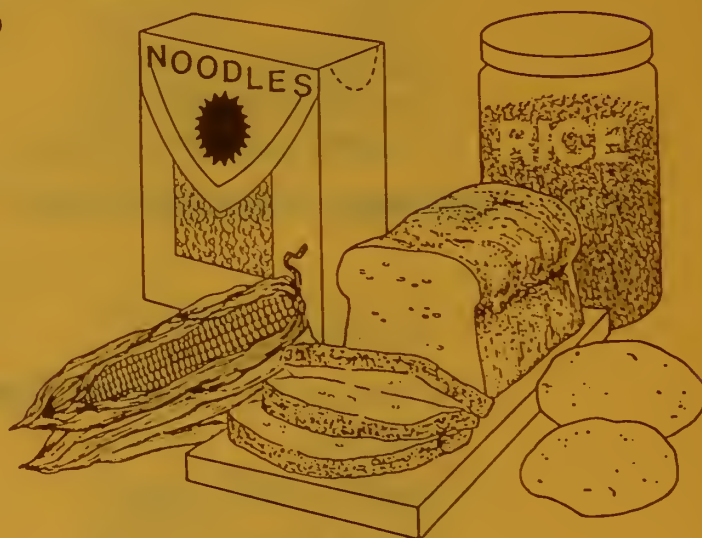
- Starches (80 calories per serving)

- **High Fiber** - 1 to 4 grams of fiber in a serving

bran cereals, $\frac{1}{2}$ cup	rye bread, 1 slice
cereals - shredded wheat	potato, 1 small
oatmeal, cornflakes, $\frac{1}{2}$ cup	brown rice, $\frac{1}{3}$ cup
beans, kidney, brown, lentils,	yams, $\frac{1}{3}$ cup
lima, pinto, white, $\frac{1}{3}$ cup	popcorn, 3 cups
corn, $\frac{1}{2}$ cup	winter squash, $\frac{3}{4}$
corn on cob, 1 six-inch	cup
pumpernickel bread, 1 slice	green peas, $\frac{1}{2}$ cup
whole wheat bread, 1 slice	

- **Low Fiber** - less than 1 gram of fiber in a serving

white bread, rolls, biscuits - 1  
crackers, 6  
noodles, spaghetti, macaroni,  $\frac{1}{2}$  cup  
tortillas, 1 six-inch  
white rice,  $\frac{1}{3}$  cup



## Tips To Eat More Fiber

- Change from low-fiber foods to high-fiber foods, one food at a time. This way you will help your body use the fiber without upsetting your stomach. Be sure to drink more water when you eat more fiber.
- Eat fresh fruit instead of juice whenever fruit is in your meal plan.
- Eat the vegetables listed on the vegetable list for snacks. Take a vegetable tray to potlucks and other social gatherings. (Remember corn, peas, and potatoes are not on the vegetable list. They are listed under the starch group. These foods have many calories, so you must limit these “starchy” vegetables!)
- Eat more whole grain breads and cereals.

Eat This	Instead of This
whole grain cereal	refined cereal
whole wheat bread	white bread
fruit	fruit juice
boiled potatoes with skins	french fries
bran muffins	plain muffins
corn tortilla	flour tortilla

## Steps I Will Take To Eat More Fiber

## **Tips For Eating Out**

- **Know** your meal plan so you can make the best choices.
- **Order** baked, broiled or grilled chicken, fish, meat or seafood instead of fried foods.
- If the portions are too large, ask to take part of the meal home.
- **Order** salads with dressing on the side and vegetables with your sandwich.
- **Choose** baked or boiled potatoes instead of french fries or chips.
- **Ask** for substitutes. Most places will bring you milk instead of coffee creamer and garden salad instead of french fries.
- For breakfast, **order** cereal and low fat milk or whole-grain roll and fruit instead of scrambled eggs and bacon.

## **Tips I Will Use For Eating Out**



# Sugar

**Facts:** Sugar is found in many different kinds of food, and is called by many names (such as sucrose, dextrose, fructose, or corn syrup).

- Any food that has a lot of sugar in it is bad for your diabetes for two reasons:
  - Sugar has a lot of calories, but very little nutrition.
  - Sugar causes your blood sugar to go up quickly.

**Food With Sugar:** Avoid these foods.

- Regular soda pop, Koolaid with sugar, fruit drinks, Tang
- Table sugar, jam, jelly, syrup, honey, molasses, and maple syrup
- Cakes, pies, cookies, donuts and other sweet desserts
- Regular Jello
- Sweetened cereals
- Candy



## **Tips To Eat Less Sugar**

- **Drink** sugar-free soft drinks, diet Koolaid, coffee, and tea.
- **Use** low-calorie sweeteners instead of sugar. You will see these listed under several names. You may notice these names on diet soft drinks and other reduced-calorie foods.
  - **Saccharin**  
Sweet 'n' Low, Sucaryl, Sweet 10
  - **Aspartame**  
Equal, Nutrasweet
- **Avoid** table sugar, jam, jelly, syrup, honey, and molasses.
- **Avoid** cakes, candy, pies, cookies, donuts and other sweet desserts.
- **Buy** juice-packed fruits. If you have to use fruit canned in sugar syrup, rinse the fruit off with water before eating it.

## **Steps I Will Take To Eat Less Sugar**

# **Alcohol**

**Facts:** Alcoholic drinks include beer, wine, mixed drinks, and hard liquor.

- Alcohol has a lot of calories and no food value.
- Alcohol increases your desire to eat - it causes you to snack more.
- Alcohol is not good for your diabetes.

## **Steps I Will Take To Drink Less Alcohol**











**Indian Health Service Diabetes Program**

**Indian Health Service Nutrition and Dietetics Program**

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